

## **BONUS MATERIAL: Some Things to Consider:**

1. Is it an effective tool for this child and this situation? If a parenting tool builds a wall between a parent and child rather than opening doors for communication and teaching, its not an effective tool.
2. Are there other consequences that are better tied to the behavior that needs correcting? Natural/practical consequences help the brain of a child utilize the logic part of their brain, making it easier for the lesson and correlation between the issue and the result to take deeper root.
3. Self-control and anger. Many of our kids behaviors trigger responses or frustrations in us that aren't really even about our child. When we our buttons are pushed, its hard to manage our own emotions, making us more susceptible to impulsivity and less able to connect with our child. When we are angry, we are more prone to humiliate or shame our child.
4. The Rod of Discipline: Many people have been taught that the rod of discipline in the Bible is a mandate to spank. But in the Bible, the "rod" was a tool a shepherd used to direct his sheep. If we are going to spank, are we directing?
5. What is your motive? Are you looking for control; a quick change in behavior; or for your children to have a changed heart open to the love of God.
6. Does my child have an unknown history, known trauma or extenuating circumstances, processing or learning delays, or other circumstances that could be impacting their ability to do what I am asking them to do? Make sure you are in tune with your child, you understand their emotional state, motivations, etc.

While spanking gets all the attention as a hot button issue, here are some other ideas to put in your tool belt:

1. Pause fun activities until responsibilities (chores, school, etc...) are met.
2. Consider time out (a good rule of thumb is 1 minute per year old) or a time in (stay close to the parent until able to discuss the issue).
3. Restoration training. If they said an unkind thing, after apologizing, have them tell 3 kind things to that person. If they use their hands to hit, have them use their hands to do something kind to restore.
4. Rewind the conversation. Explain how the words or tone they used were hurtful or not helpful. Then practice the conversation again to model the appropriate behavior. Karyn Purvis has a lot of great little scripts that work with younger kids, like "Try that again with respect please", or "Would you like a re-do?"